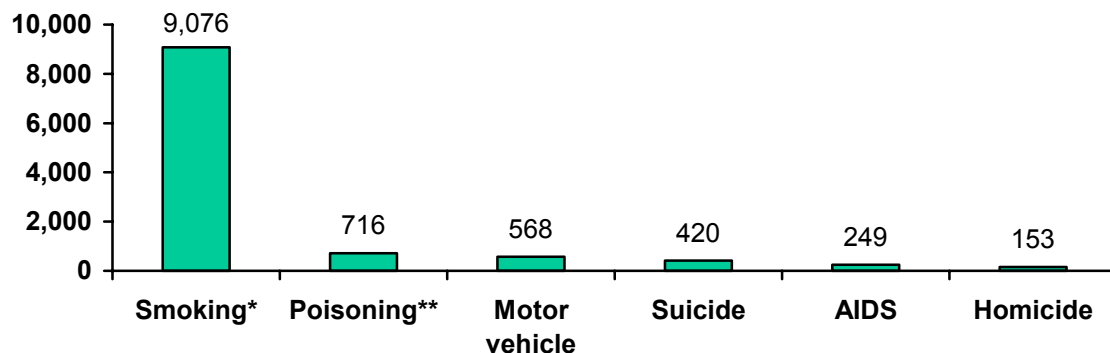


## Health Consequences of Smoking

- Each year, more than 9,000 Massachusetts residents die from smoking-related causes.
- Tobacco-related illnesses kill more Massachusetts residents than HIV/AIDS, motor vehicle accidents, homicide, suicide, and poisoning combined.
- The risk of dying from lung cancer is more than 22 times higher among men who smoke cigarettes, and about 12 times higher among women who smoke cigarettes compared with never smokers.<sup>i</sup>
- Cigarette smoking increases the risk for many other types of cancer, including cancers of the lip, oral cavity, and pharynx; esophagus; pancreas; larynx (voice box); lung; uterine cervix; urinary bladder; and kidney.<sup>ii</sup>
- Cigarette smokers are 2–4 times more likely to develop coronary heart disease than nonsmokers.<sup>ii</sup>
- Cigarette smoking approximately doubles a person's risk for stroke.<sup>i,iii</sup>
- Cigarette smoking is associated with a ten-fold increase in the risk of dying from chronic obstructive lung disease.<sup>i</sup>
- On average, Massachusetts smokers lose nearly 13 years of life due to smoking.<sup>iv</sup>



Source: "Massachusetts Deaths 2003", Massachusetts Department of Public Health, June 2005.

\* Smoking deaths from CDC SAMMEC software. Includes smoking attributable deaths from cancer and heart disease.

\*\* Includes deaths from drug overdoses.

Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion <http://www.cdc.gov/tobacco>  
Also Massachusetts sources

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## Health Consequences of Smoking: Sources

<sup>i</sup> CDC. Annual smoking-attributable mortality, years of potential life lost, and economic costs—United States, 1995–1999. ( PDF - 225k) Morbidity and Mortality Weekly Report 2002;51(14):300–303.

Accessed: February 2004.

<sup>i</sup> CDC. Health United States, 2003, With Chartbook on Trends in the Health of Americans. ( PDF - 119k) Hyattsville, MD: CDC, National Center for Health Statistics; 2003. Accessed: February 2004.

<sup>i</sup> McGinnis J, Foege WH. Actual causes of death in the United States. Journal of the American Medical Association 1993;270:2207–2212.

<sup>i</sup> Novotny TE, Giovino GA. Tobacco use. In: Brownson RC, Remington PL, Davis JR (eds). Chronic Disease Epidemiology and Control. Washington, DC: American Public Health Association; 1998. p.117–148.

<sup>i</sup> U.S. Department of Health and Human Services. Reducing the Health Consequences of Smoking — 25 Years of Progress: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, CDC; 1989. DHHS Pub. No. (CDC) 89-8411. Accessed: February 2004.

<sup>i</sup> Ockene IS, Miller NH. Cigarette smoking, cardiovascular disease, and stroke: a statement for healthcare professionals from the American Heart Association. Journal of American Health Association 1997;96(9):3243–3247.

<sup>i</sup> U.S. Department of Health and Human Services. Women and Smoking: A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services

<sup>iv</sup> Smoking-Attributable Mortality, Morbidity, and Economic Costs (SAMMEC), Massachusetts, 2001

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